

24/7 Tobacco-Free Schools

Prevention and Cessation Resources for Students

American Lung Association

1-800-543-LUNG (5864)

www.alam.org

Teens against Tobacco Use (T.A.T.U.) *Youth Tobacco Prevention Program*

T.A.T.U. enlists teens as "peer educators" to educate younger children, ages 9-12, about the tobacco use issues they face growing up. The teens use these issues as a benchmark for helping younger children remain tobacco-free. T.A.T.U. trains adult volunteers first. Upon completion of training, these adult volunteers train teens who team up to teach younger elementary students in their communities about the importance of remaining tobacco-free. Through training, teens become consumer advocates who take a stand against the tobacco companies' targeting of the next generation of tobacco addicts. During a day-long training session, the teen participants learn and practice, through a series of hands-on activities, how using tobacco controls so many lives and how tobacco companies manipulate all of us. They also learn the vital role they play in affecting younger children's life decisions and, in turn, take that knowledge to schools to reach children with their messages.

Not on Tobacco (N-O-T) *Youth Cessation Program*

N-O-T is a state-of-the-art teen smoking cessation, school-based program. Teens are taught how to manage nicotine withdrawal and prevent relapse by using a life-skills approach. Teens learn how to apply what they are learning in the sessions to other aspects of their lives. All this is presented in a teen-friendly, gender-sensitive curriculum. By utilizing N-O-T, schools can provide an educational, total-health program to help students quit smoking. Schools can initiate this program by having a program facilitator trained by the ALA.

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Cessation Resources for Staff

American Cancer Society

 **Guide to Quitting Smoking**
www.cancer.org

In addition to the *Guide to Quitting Smoking*, this site includes many other useful articles, including *Quitting Spit and Other Forms of Oral Tobacco*, and *Helping a Smoker Quit: Do's and Don'ts*.

American Legacy Foundation (in collaboration with Mayo Clinic)

 **Become an Ex**
www.becomeanex.org

EX is a method of getting free from the addiction of tobacco developed specifically for people who are ready to quit. The EX Quit Plan is a comprehensive approach involving the physical, behavioral, psychological and spiritual sides of the problem. The program promotes the idea that the more personalized the plan and the more tools worked with, the more likely a person is to succeed. EX offers a variety of tools – a step by step Online personalized quit plan, a free EX Quit Plan book that can be ordered and followed on an individual basis, and a toll-free number that will connect to state tobacco quit lines for free cessation information.

American Lung Association

 **Freedom From Smoking**
www.ffsonline.org

Freedom From Smoking® is a comprehensive program to help adults in quitting. Components of the program include: identifying personal reasons to stop smoking, learning about the correct usage of different approaches to smoking cessation, ideas for what to do when cravings come, discovering the healthy relief of recovery symptoms and preventing relapse. The American Lung Association of Michigan provides corporate programs as well as facilitator trainings at a minimal cost.

Michigan Surgeon General

 www.michigan.gov/surgeongeneral

 **Local Cessation Programs in Michigan**

Go to the website, click on "People," then click on "Don't Smoke." The site includes links to 265 local cessation programs, free resources, and other tobacco cessation sites.

 **FREE Quit Kits: Call (800) 537-5666**

The Quit Kit has lots of helpful information, motivation and strategies for quitting. The kit helps you decide if you are ready to quit, steps for planning to quit, and after you've quit, how to stay on track.